

Food For Thought

Medicine Hat & District Food Bank Quarterly Newsletter
Fall 2011



Special Thanks To:

Medicine Hat Lodge & Co-op for the stampede breakfast.

Scotia Bank for the bake sale.

The Church of Jesus Christ of Latter Day Saints for husking and blanching corn.

Elk Water Colony for the fresh produce.

The Redcliff Sparks for planting, caring for and harvesting a garden just for us.

Mike & Susan Paige for the beef.

To All of our Wonderful Volunteers

Executive Director's Message – Connie Matson

We have had a very exciting summer with all the renovations and changes. Our new freezer is up and running and we have our inventory in one location. Thank you to Ryan and Gwen from the Painted Place for donating all the painting and decorating. They have done a great job in our new warehouse and client area. Thank again to Terry Bartman Construction for all the work in getting our extension completed in a timely matter. It will make a big difference in our warehouse and we will be able to keep things organized better with a little more space.

Fall is upon us as we get prepared for our big food drives.

I would also like to welcome Melissa Weymer as our new Office Assistant and would like to thank Maria Roberts for all she has done for us over the last 3 years. We are excited about our new dynamic team and look forward to a busy productive fall.



Chicken & Broccoli Casserole

Serves 4-6

- 2 skinless, boneless chicken breasts cubed
- 1 head of broccoli, coarsely chopped
- 3 cups of fusilli pasta, boiled
- 1 can of mushroom soup
- 2 cups of shredded cheddar
- 2 tbs of seasoned bread crumbs

Fry cubes chicken until fully cooked. Boil pasta & strain. In large casserole dish, combine chicken, uncooked broccoli, and mushroom soup (undiluted), cover with cheese and sprinkle on bread crumbs. Bake uncovered at 350 degrees for 15-20 minutes.



Thank you to all who
donated all the fresh produce



Upcoming Events

Loblaw's Food Drives:

September 23rd – October 13th, 2011 - **food only**, at our local superstore

November 25th – December 17th, 2011 – Food & cash at our local store

Farm Credit Canada Drive Away

Hunger Program:

September 19th – October 14th, 2011

Investors Group Comedy Tour

October 13th, 2011

Trick or Eat:

October 31st, 2011

CHAT Food Drive:

November 17th, 2011

Become a Volunteer

Make a difference in your community by becoming a volunteer. Our volunteers are very important to us; we greatly appreciate their hard work and dedication. For more information on becoming a volunteer; visit our website at www.mhfoobank.com or call us at (403) 528-4313 Location: 532 South Railway Street SE (between Pattison Funeral Home & Fountain Tire)

Meet our volunteers!

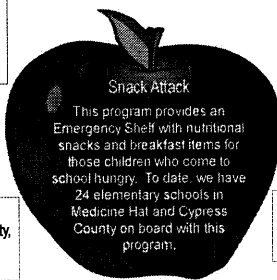


Bill & Joan Glockner

Snack Attack Program



In 2009 – 2010,
One (1) child in
five (5) went to
school hungry.



Hunger a third world
problem?

Try third grade in
Medicine Hat.

End classroom hunger. Make a
donation to the Snack Attack
Program today.



When a child's
stomach is empty,
everything else
is secondary.



An empty stomach
means ...
No food for THOUGHT

Thank you to our major sponsor of the Snack Attack
Program – CIBC Wood Gundy



Phones for FOOD

Donate your old cell phones for food!!
Not only will your cell phone be
recycled, but it also will help support
those in need!!



Most needed Items



- * Peanut Butter
- * Eggs
- * Jam
- * Cereal
- * Pancake Mix
- * Baby Food
- * Juice
- * Cheese
- * Fresh Vegetables
- * Milk

*We may not have it all together,
But together we have it all*



Applesauce can be substituted for oil in cake and muffin recipes!

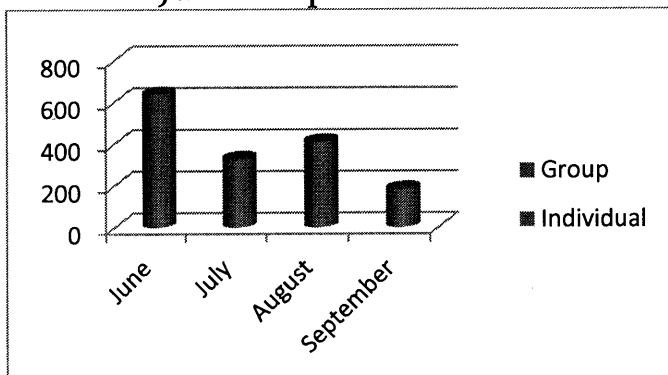
Trivia

What was margarine called when it first when it first marketed in England?

Answer: Butterine

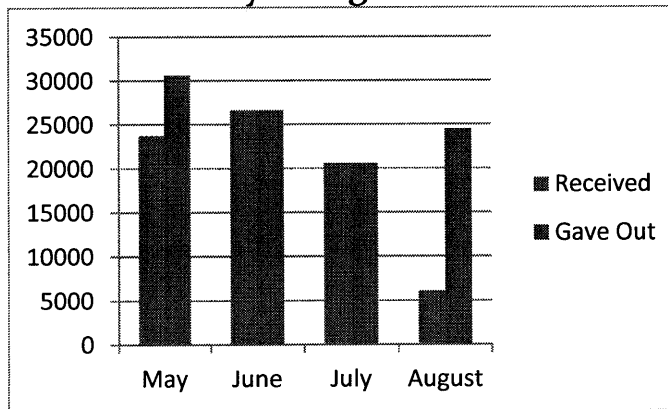
Volunteer Hours

June - September 2011



Warehouse

May - August 2011

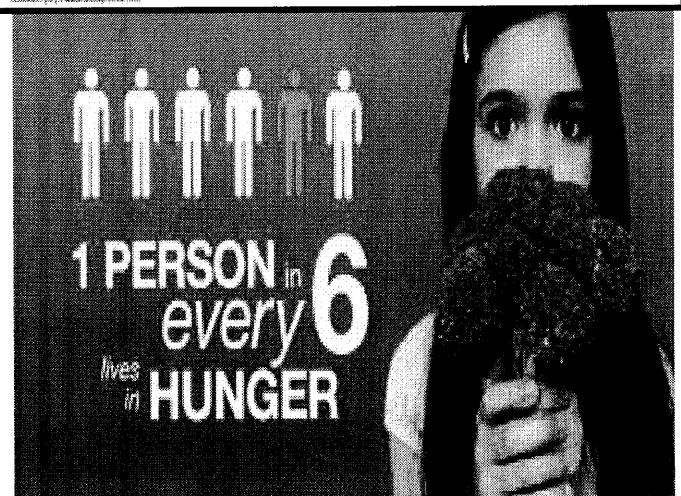
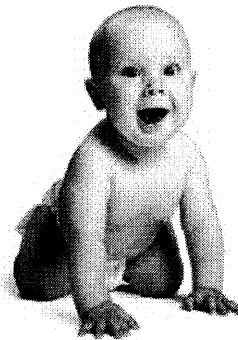


Healthy Bundles

Healthy Bundles provides nutritious food to pregnant women or women with children aged one or younger

The program runs Tuesdays & Thursdays 10am to 11am and is available through appointment only.

For more information
Please call (403) 528-4566
www.mhfoodbank.com



Contact Us

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